



# Get out of your shell!

## IF YOU ARE 50 OR OLDER, GET SCREENED FOR COLORECTAL CANCER

**COLORECTAL CANCER IS THE 2ND LEADING CANCER KILLER IN ALABAMA.**

Find colorectal cancer early by getting one of these procedures:

- High-sensitivity gFOBT, iFOBT or FIT annually
- Colonoscopy every 10 years
- Flexible Sigmoidoscopy every 5 years

Do you want to be screened but are worried about:

- Transportation
- Cost
- Time

The FIT is an easy way to be tested for colorectal cancer:

- No need to change eating habits
- No need to change medications
- No liquids to drink
- No day off work
- Done in privacy of your home
- Mail back in a few days

This test is covered by Medicare, Medicaid, and many health insurance plans. Also, Blue Cross Blue Shield of Alabama approves this test. **Be healthy and celebrate your life!**

Ask your doctor about screening options for colorectal cancer, including the new take-home test called FIT or iFOBT. (If you are at high risk for colorectal cancer, you may need to be screened more frequently.)